

The Nebraska Diabetes Prevention and Control Program: Current Data and Trends

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Nebraska Diabetes Prevention and Control Program

- Funded by the Centers for Disease Control and Prevention
- CDC funds all 59 states and territories for Diabetes Prevention and Control
- Funding cannot be used for direct services and must focus on one intervention area
 - Systems Changes (Nebraska focus)
 - Policy and Environment
 - Communications

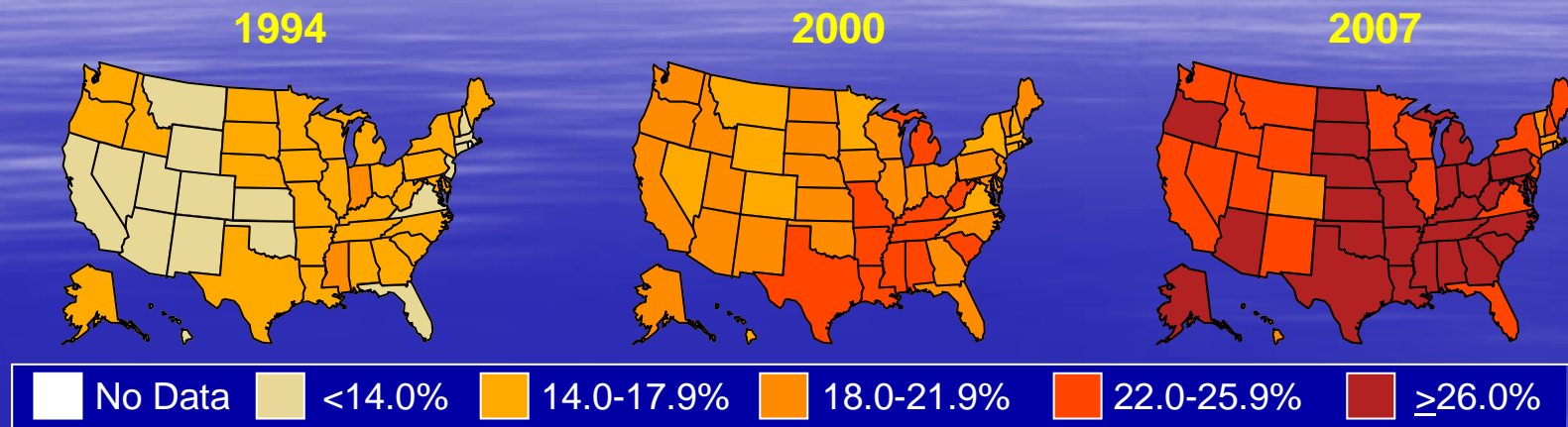
Diabetes is Common and Costly

- More than 23.6 million Americans
- More than 17.9 million diagnosed with diabetes
- Almost 5.7 million people do not know they have diabetes.
- Cost: \$174 billion/year (direct and Indirect)
- 57 Million with pre-diabetes

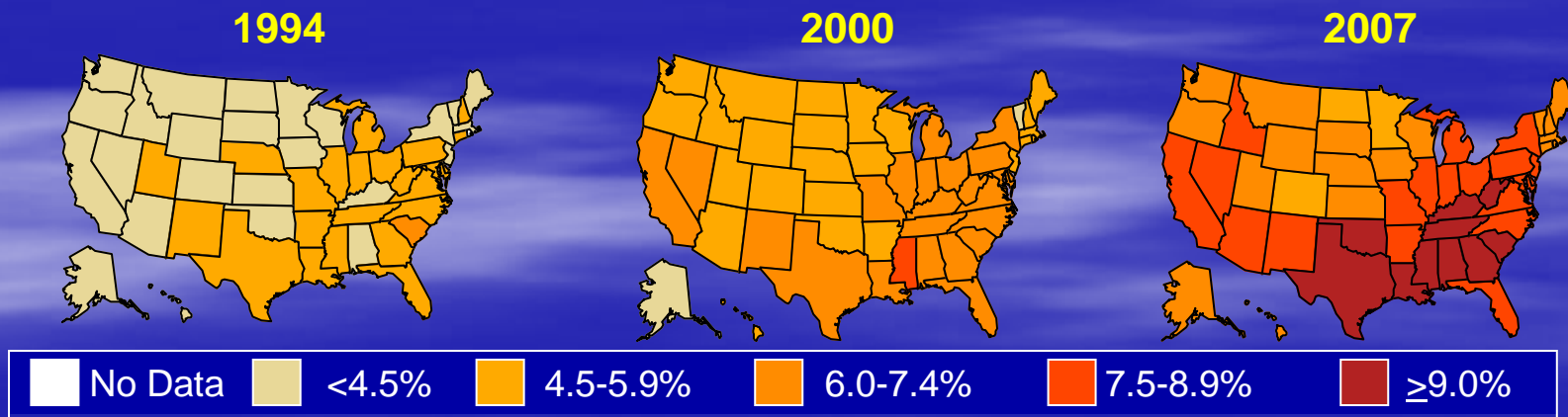


Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

Obesity (BMI ≥ 30 kg/m²)



Diabetes



CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>



Diabetes in Nebraska

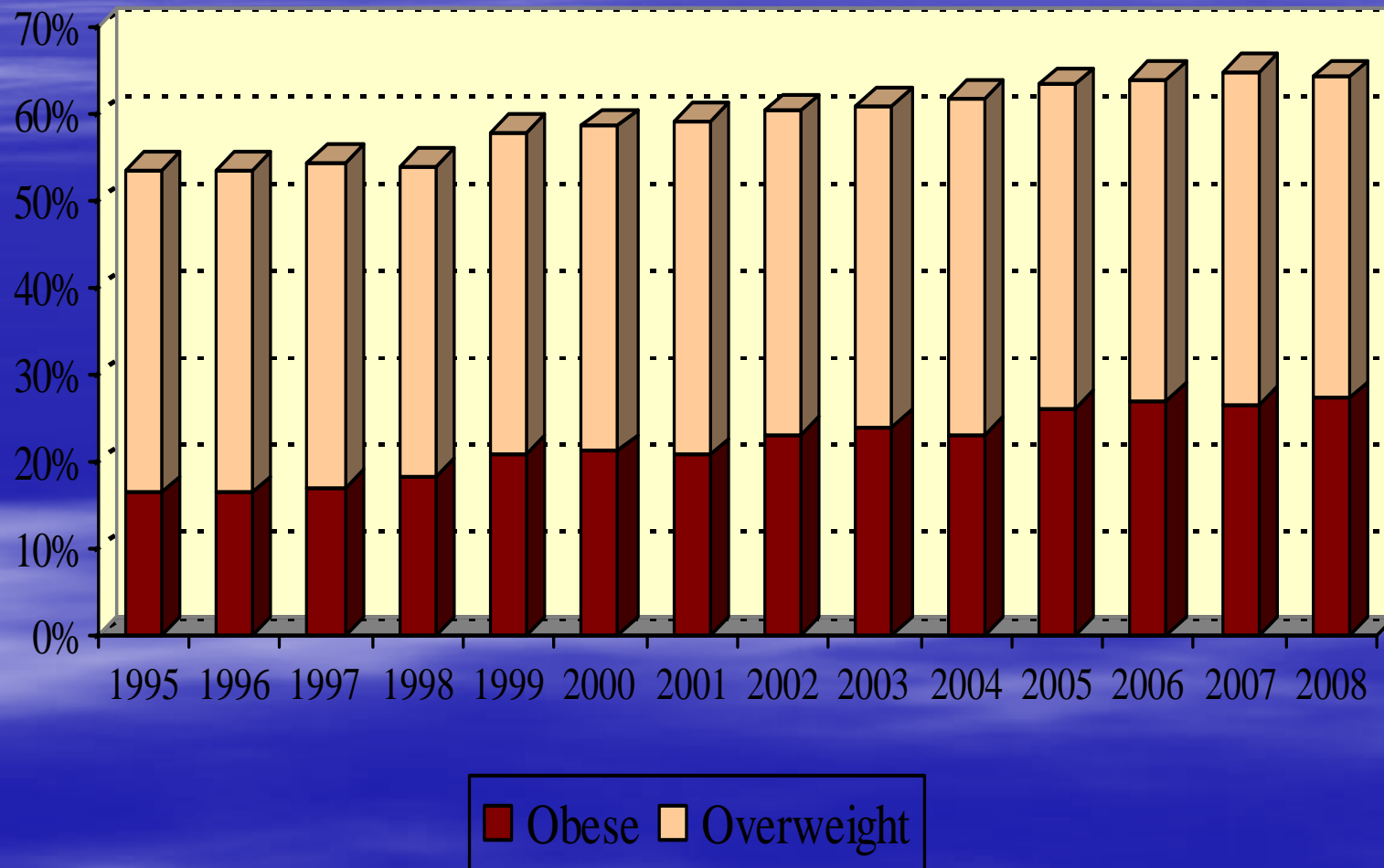
2008 BRFSS Data

- 103,000 Nebraska Adults (about 7.8%)
 - 2000: 60,000 diagnosed
 - 1990 50,000 diagnosed
- An additional 20% have not been diagnosed.
- 7th leading cause of death
- Occurs more often in minority populations
- Pre-diabetes over 63,000 diagnosed



Percentage of Nebraska Adults who are Obese or Overweight, 1995-2008

(Source: Nebraska Behavioral Risk Factor Surveillance System)

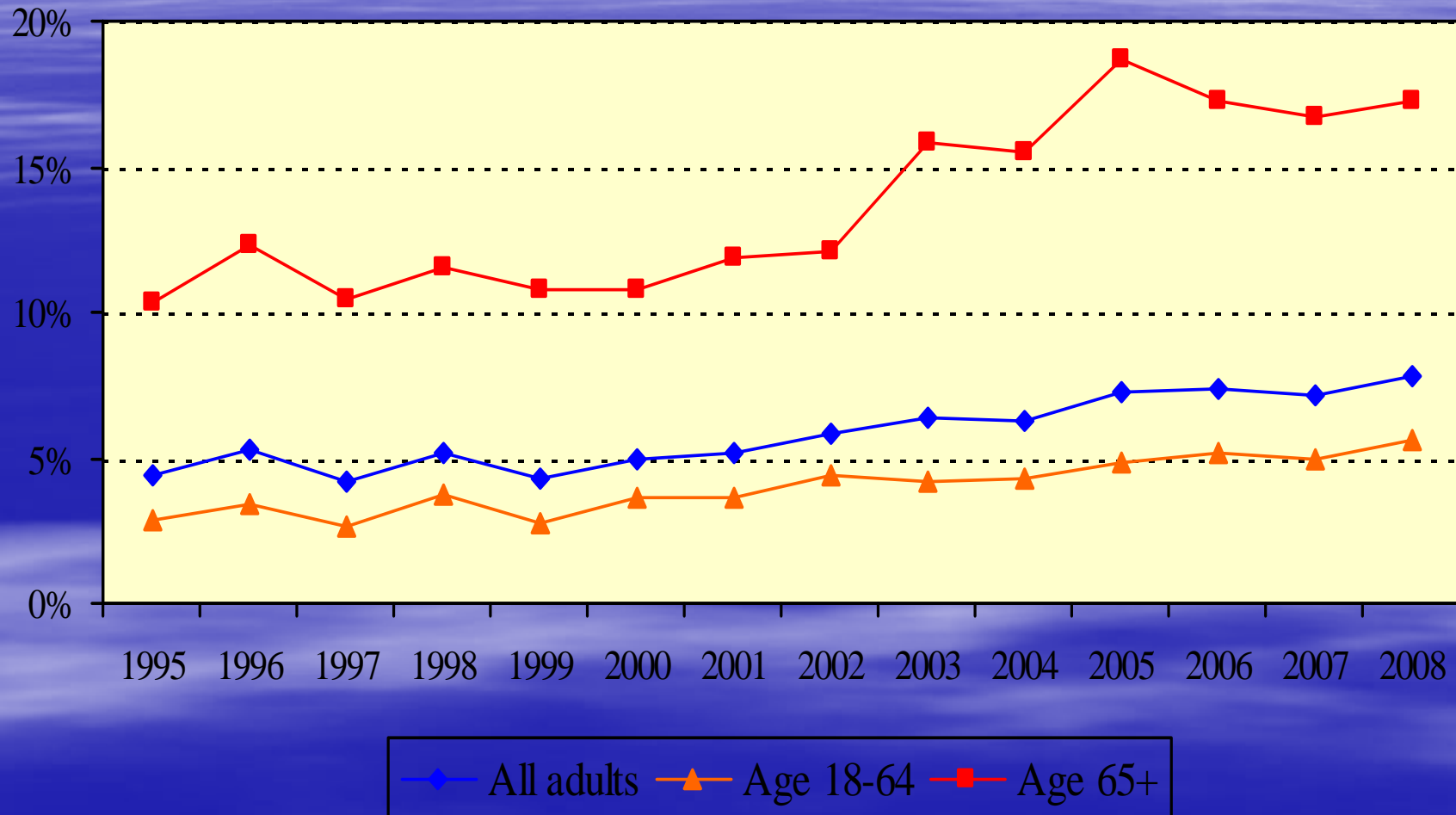


Childhood Obesity

- Data NHANES survey(1976–1980) and (2003–2006)
 - children aged 2–5 years, prevalence increased from 5.0% to 12.4%
 - 6–11 years, prevalence increased from 6.5% to 17.0%
 - 12–19 years, prevalence increased from 5.0% to 17.6%.
- Youth Risk Behavior Survey (Nebraska 2005) – 24.7% high school students was either overweight or as risk for overweight.

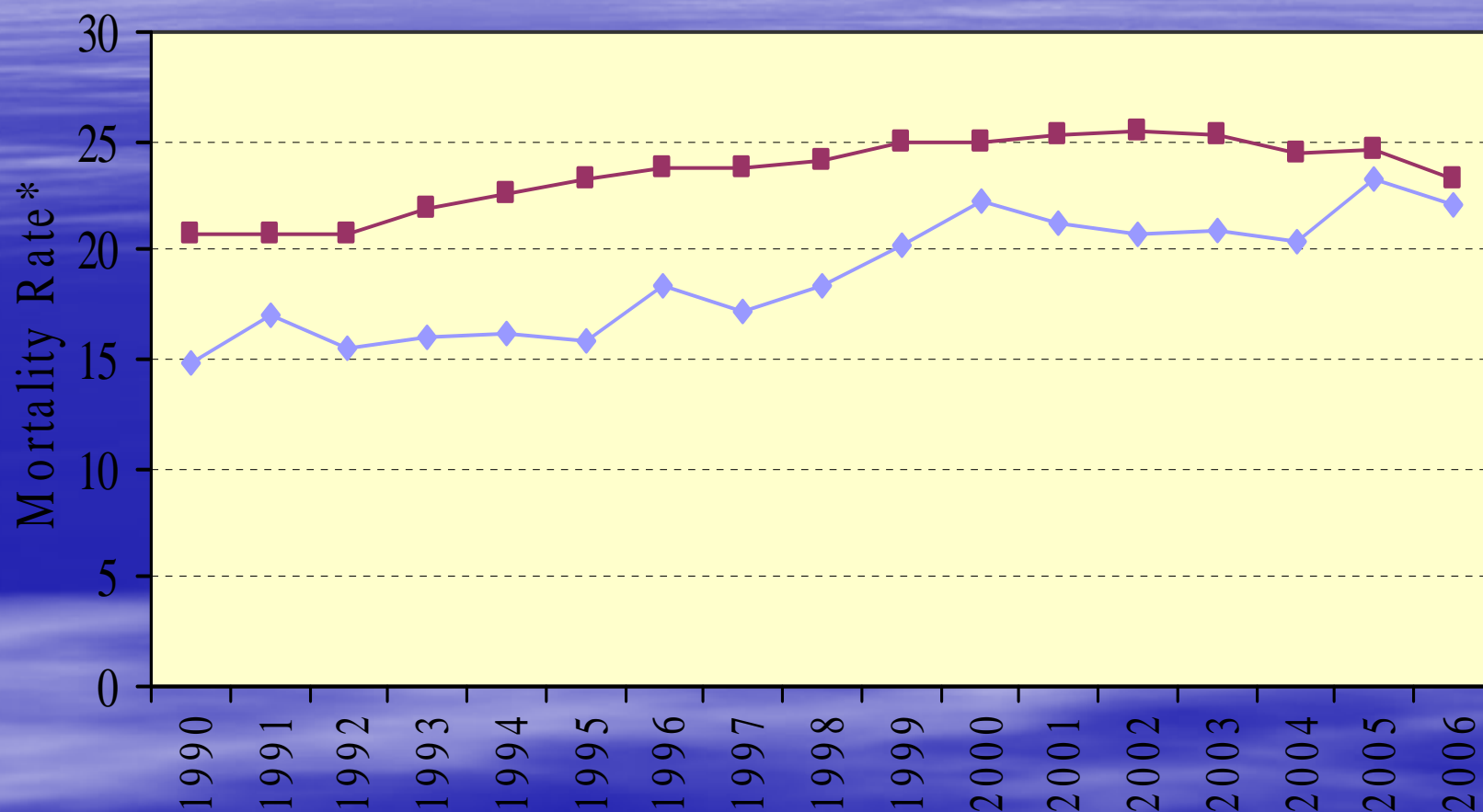
Percentage of Nebraska Adults with Diagnosed Diabetes, 1995-2008

(Source: Nebraska Behavioral Risk Factor Surveillance System)



Diabetes Mortality in Nebraska and the United States, 1990-2006

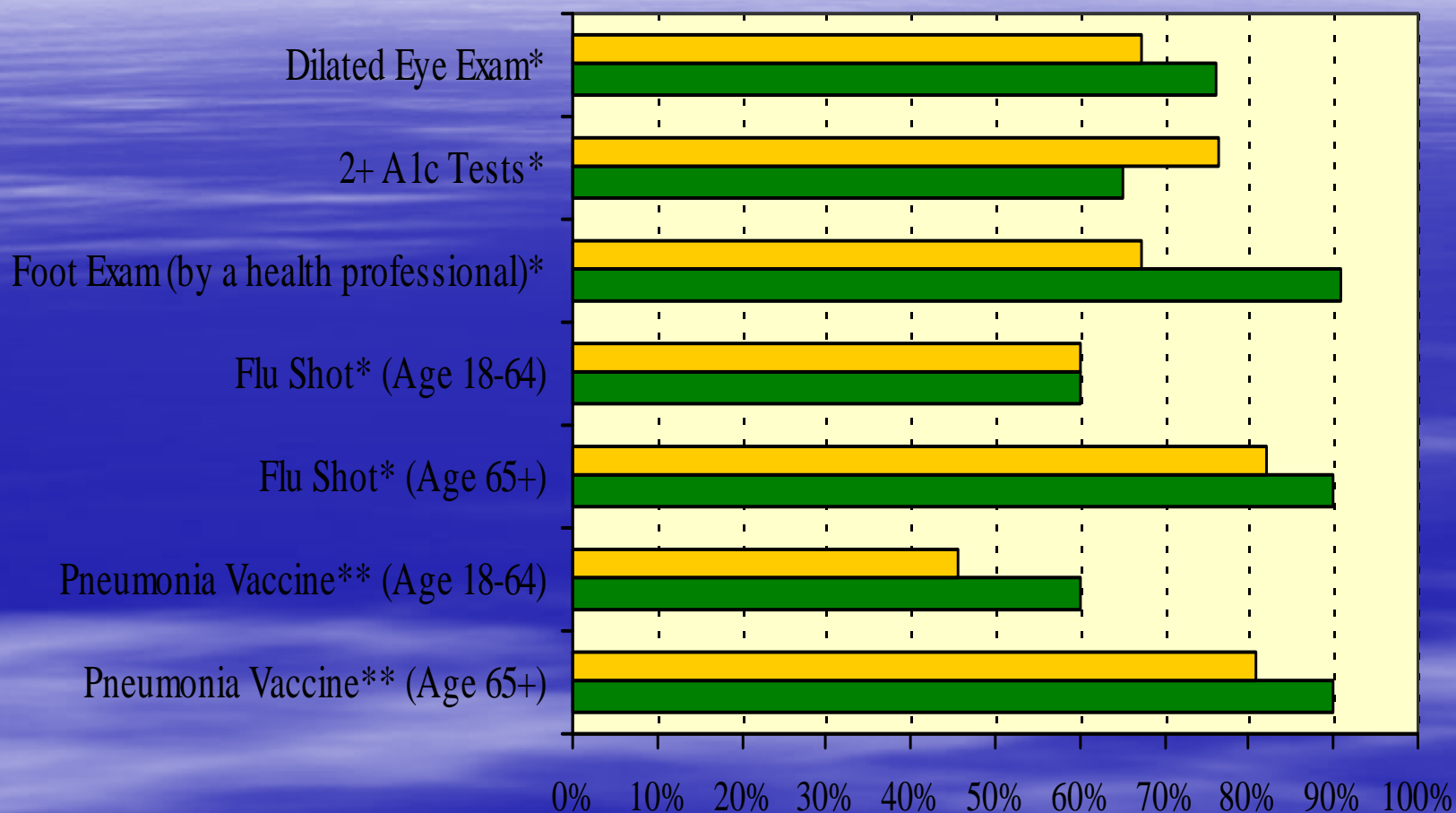
(Source: Nebraska and U.S. vital statistics)



*per 100,000 population,
age-adjusted

—◆— Nebraska —■— United States

Percentage of Nebraska Adults with Diabetes Who Have Received Preventive Care Services (2008) and US Year 2010 Targets (Source: Nebraska Behavioral Risk Factor Surveillance System)



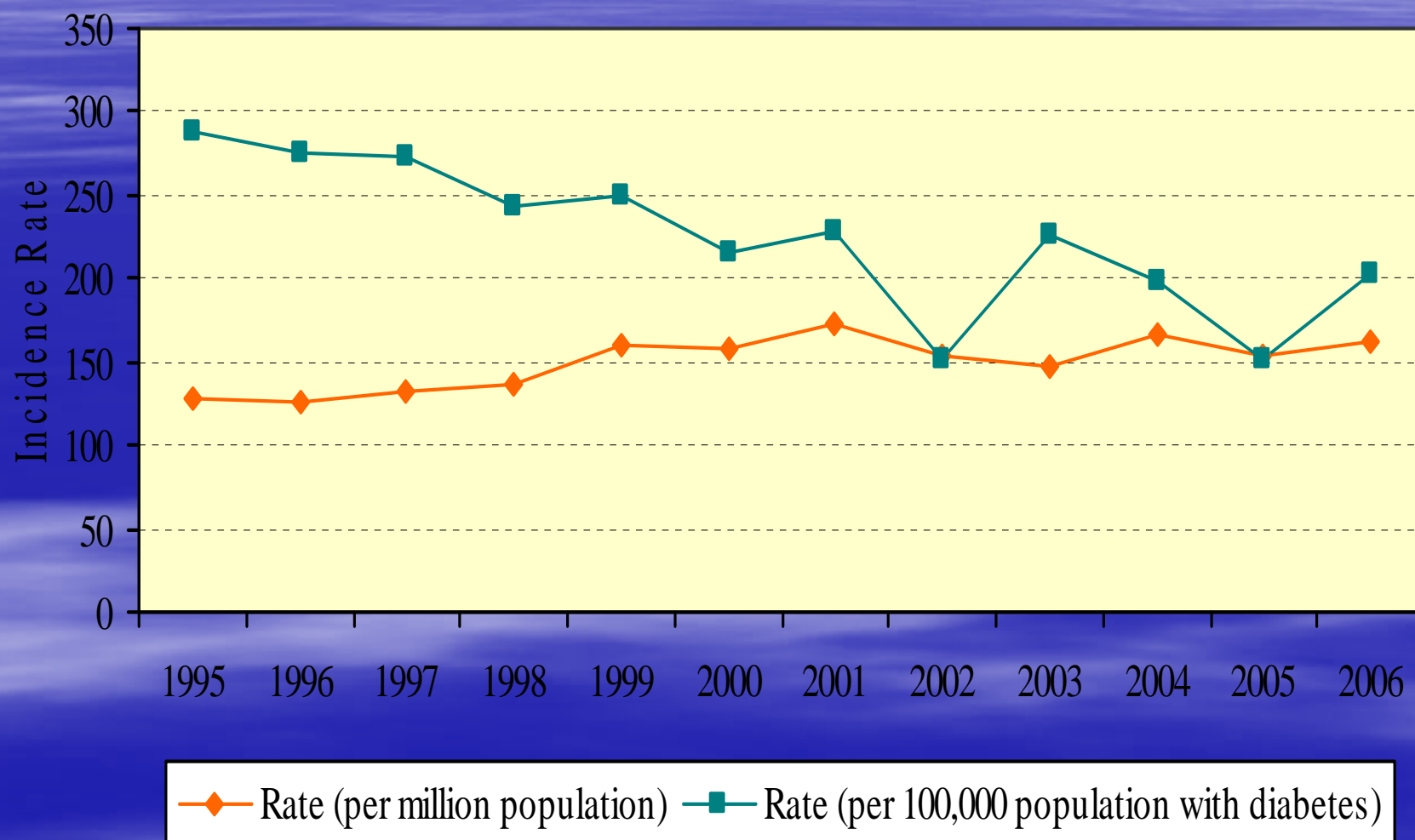
*had within past year

**ever had



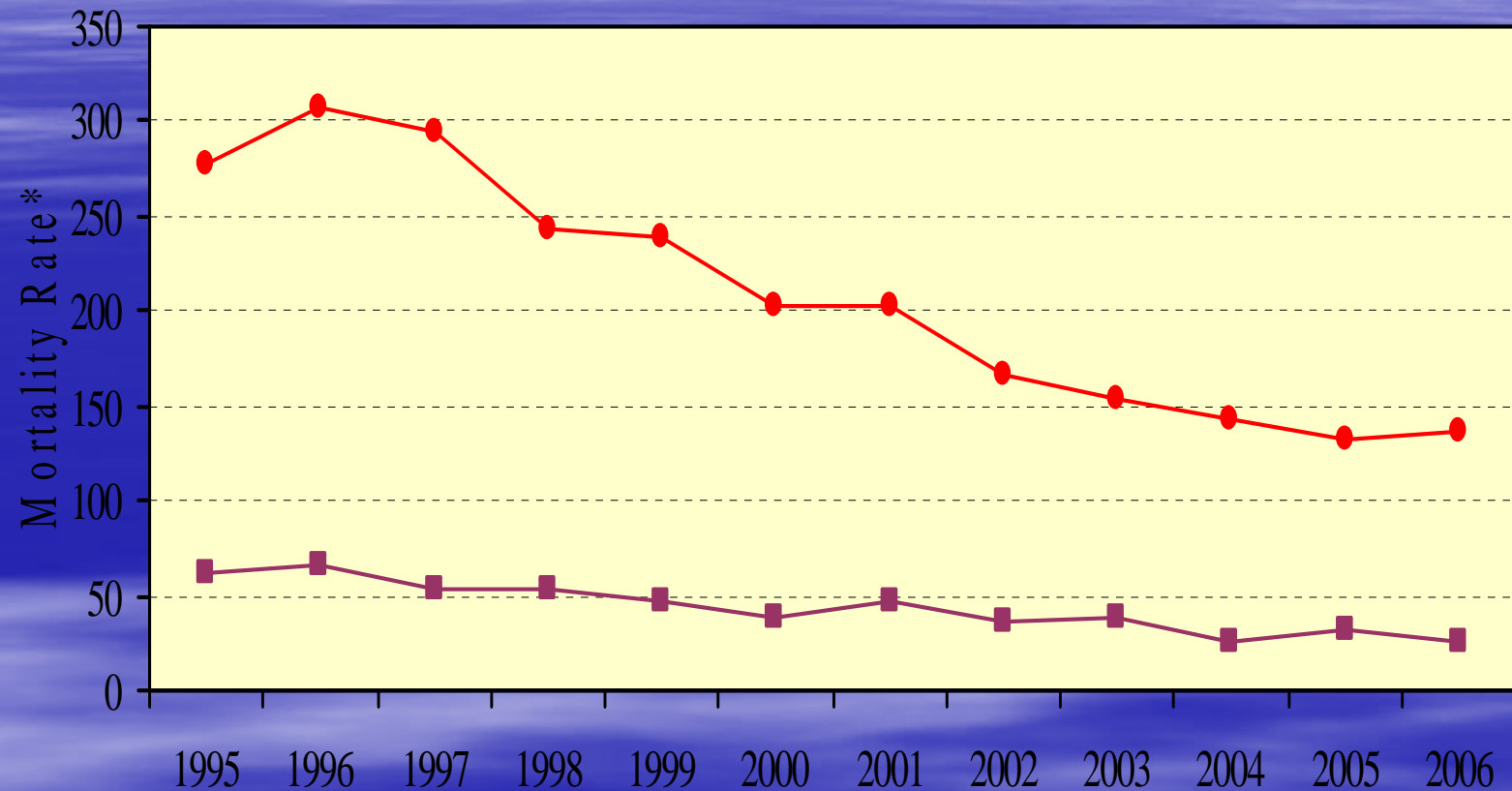
Incidence of Diabetes-Related End-Stage Renal Disease (ESRD) Among Nebraska Residents, 1995-2006

(Source: US Renal Data System)



Coronary Heart Disease and Cerebrovascular Disease Deaths in Nebraska Among People With Diabetes, 1994-2006

(Source: Nebraska vital statistics)



*per 100,000 pop-
ulation with diabetes,
age-adjusted

—●— Coronary heart disease —■— Cerebrovascular disease

Nebraska BRFSS Data

- 67.3% adults with diabetes have high blood pressure
- 59.1% adults with diabetes have high cholesterol
- 44.9% adults with diabetes both high blood pressure and high cholesterol
- 13.3% adults with diabetes smoke cigarettes

More Nebraska BRFSS Data

- More men with diabetes
- Diabetes is greatest among those with least education and lowest household income
- African American and Hispanics twice as likely to have diabetes
- Native Americans three times as likely to have diabetes, prevalence is more than one in four
- Gestational Diabetes has tripled in last decade

Nebraska Data: Hospitalizations

- During 2006 & 2007 57,346 (14.6%) listed diabetes as one discharge diagnosis
- Diabetes average length of stay 5.0 days compared to 4.2 days not-diabetes related
- Total length of diabetes related stay almost 290,000 days – **Total Charge nearly 1.5 Billion**
- Diabetes average charge over \$26,000 compared to about \$19,000 non-diabetes
- Nearly 1 in 4 (13,000) diabetes-related hospitalizations listed CVD

More Nebraska Data

Hospitalizations

- DKA accounted for 1,031 diabetes related hospitalizations (2006 & 2007)
 - DKA 27.3% of hospitalizations when diabetes primary diagnosis
- Lower-extremity amputations 671 (2006 & 2007 excluded trauma)
 - Diabetes 60% of LEAs
 - People over 65 accounted for 52.3% of all diabetes related LEAs
 - Average charge for diabetes-related LEA \$42,992

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http://apps.nccd.cdc.gov/DDTSTRS/default.aspx

Diabetes Data and Trends - CDC

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Diabetes Data & Trends

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Centers for Disease Control and Prevention
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Atlanta, GA 30341-3717
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Fax: 1 (888) 232-6348
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Diabetes Data & Trends

The Data and Trends section, which includes the National Diabetes Fact Sheet and the National Diabetes Surveillance System, provides resources documenting the public health burden of diabetes and its complications in the United States. The Diabetes Indicators and Data Sources Internet Tool (DIDIT) is a user-friendly web-based tool designed to support surveillance, epidemiology, and program evaluation activities of state diabetes control programs.

County Level Estimates of Diagnosed Diabetes
[U.S. Maps](#)
[State Maps](#)

National Diabetes Fact Sheet
[2007 National Diabetes Fact Sheet](#) - View the latest statistics and figures of diabetes in the United States

National Surveillance Data
Monitor trends over time of diabetes and its complications

[Prevalence](#)
[Incidence and Age at Diagnosis](#)
[Duration of Diabetes](#)
[Treating Diabetes](#) (insulin and oral medication use)
[Diabetes Complications](#)

[Hospitalization](#)
[Preventive Care Practices](#)
[Risk Factors for Complications](#)
[Health Status and Disability](#)

State Surveillance Data including County Maps
Monitor state-specific trends over time of diabetes.

Select a State GO

Trusted sites 100%

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<http://apps.nccd.cdc.gov/DDTSTR5/StatePage.aspx?state=Nebraska>
Google

Diabetes Data for Nebraska - CDC
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Nebraska Surveillance Data



[Prevalence](#) | [Preventive Care Practices](#) | [End-Stage Renal Disease](#) | [Health Status and Disability](#) | [Risk Factors for Complications](#)

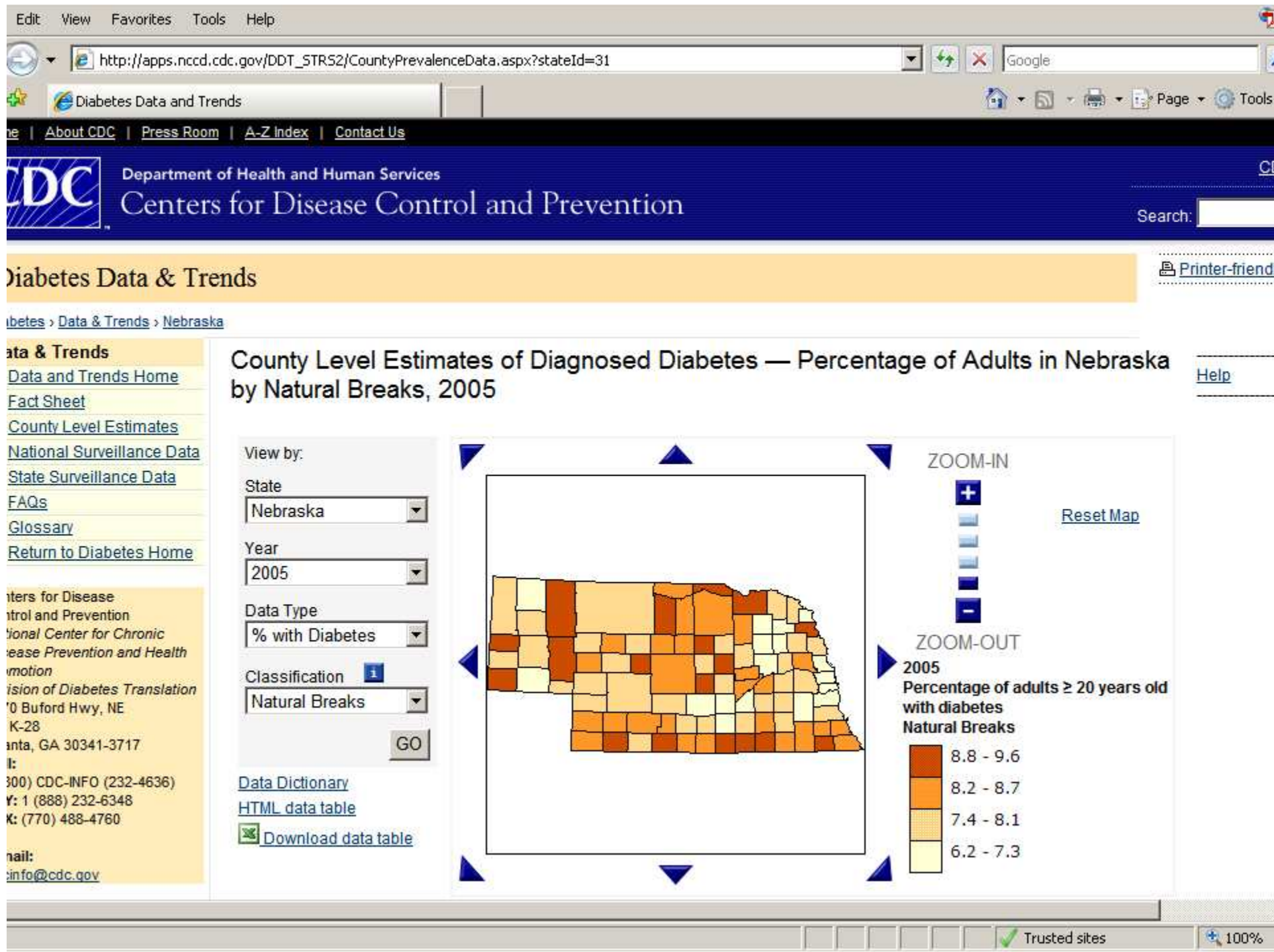
Prevalence of Diabetes	County State U.S.
Prevalence	Maps Data Maps

Preventive Care Practices	State U.S.
Eye Exams	Data Maps
Self-Monitoring of Blood Glucose	Data Maps
Foot Exam	Data Maps
Seeing a Health Professional for Diabetes	Data Maps
Self-Exam of Feet	Data Maps
A1c Tests	Data Maps
Diabetes Self-Management Class	Data Maps
Influenza Vaccination	Data Maps
Pneumococcal Vaccination	Data Maps

End-Stage Renal Disease	State U.S.
Incidence in Diabetic Population	Data Maps
Incidence in General Population	Data Maps

Health Status and Disability	State U.S.
Poor Mental Health	Data Maps

Trusted sites 100%



The Road to Health:
A Strategic Plan
For Diabetes Prevention and Control
In Nebraska
2009-2014



Nebraska Diabetes Prevention & Control Program

Our mission is to reduce the impact of diabetes in Nebraska by promoting and improving the diabetes prevention, management, and education.

The NDPCP strives to educate persons with diabetes, their families, and health professionals. One of the primary functions of the NDPCP is to update information and training materials to ensure application of current knowledge and treatment of diabetes.

Diabetes in Nebraska

Approximately 99,000 people in Nebraska have diagnosed diabetes. There are many more who don't know they have it.

Who is at risk for diabetes?


People over age 45 should be tested for pre-diabetes or diabetes. Those younger than 45 who are overweight and have another risk factor should ask their health care provider about testing. People are at greater risk of developing pre-diabetes and type 2 diabetes if they:

 [The Impact of Diabetes in Nebraska](#)

[Diabetes Newsbeat Newsletter](#)

 [Daily Food and Activity Log](#)

 [Nebraska Diabetes Consensus Guidelines](#)

 **AUDIO** (length 40:12)
[Diabetes: What you should know!](#)

Diabetes Data Websites

- Centers for Disease Control and Prevention (CDC), Division of Diabetes Translation
 - <http://www.cdc.gov/diabetes/>
- CDC Behavioral Risk Factor Surveillance System
 - <http://www.cdc.gov/brfss/>
- Nebraska Health and Human Services, Diabetes Prevention and Control Program
 - <http://www.dhhs.ne.gov/diabetes/>

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